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A SHORT
VIEW
OF THE
NATURE and CURE
OF THE
SMALL POX,

The Usefulness of
Spirit of *Vitriol*, *Opiates*, &c.

WITH
REFLECTIONS on the Common Practice
OF
Bleeding in that *Distemper*.

Errare possum; Hæreticus esse nolo. St. Aug.

By *RICHARD HOLLAND*, M. D.
Late Censor of the COLLEGE of PHYSICIANS,
and Fellow of the ROYAL SOCIETY.

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REFLECTIONS ON THE COMMON PRACTICE
OF
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By RICHARD HOLLAND, M.D.
Late Consul of the College of Physicians,
and Fellow of the Royal Society.

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INTRODUCTION.



HAVING not long since publish'd some Observations on the *Small Pox*, in order to set this Distemper in a clearer Light, it may perhaps, be thought officious to send abroad a Supplement, or second Part.

But this last Season having afforded too many melancholy Instances of the fatal Effects of the Distemper, though under the Care and Direction of the most eminent Physicians ; since the Disease, notwithstanding the Plainness of its Symptoms, is become the *Opprobrium*

Medicorum, I can't but think it incumbent on every Physician, for the Honour of the Faculty as well as the Publick Good, to consider seriously, and endeavour to find out some Remedy for so great an Evil. I hope therefore I shall not be censured for offering farther Hints, the Result of a careful and serious Reflection on the Nature of the Disease, since those who are most capable will neither be entreated nor provoked to oblige the World with their more extensive and judicious Observations.

But before I proceed, it will be necessary for several Reasons, to give some Account of a late Book, entituled, *Observations on the Small Pox, or an Essay to discover a more effectual Method of Cure.*

Because I have there presented the Reader with several Descriptions of the Distemper, and the judicious Observations of the best Authors on this Subject, a valuable Collection, which if well considered,

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sidered, would be the best Foundation to correct our Errors, and improve our Practice.

On these solid Principles I proceeded to inquire into the Nature of the Disease, and endeavoured to draw Conclusions in order to point out a more successful Practice. But however careful I had been, I would by no Means depend on my own Judgment in so difficult and weighty an Affair.

The first Person I communicated my Design to was the late learned Dr. *Freind*, whose ingenious Writings and judicious Practice made him particularly famous, and gave me great Light into the Nature of the Disease. He was so kind and free to advise me to blot out some Things that he apprehended might give Offence to my Brethren, and so good as to examine the Sheets both before and after the Whole was printed. When the Book was finish'd, and he had, I believe, read it carefully, I told him, that
as

as I had taken a great deal of Pains to inform myself concerning this Subject, and had offered several uncommon Notions in order to give Hints for a better Practice, I should be very unwilling to propagate Errors, and since he had been so good to advise me to correct unguarded Expressions (an Instance of Friendship I shall always remember with Gratitude) I begg'd he would freely tell me any Mistakes I had been guilty of in the Cure of the Disease, that I might alter the Sheets before they were made publick. His Answer was, that He did not see any.

However, before I would venture to publish, I waited on him another Evening, and talked with him particularly about the Chapter of *Bleeding*, where having advanced so many Positions different from the common Practice, I told him I was apprehensive I might be mistaken in some Particulars, and begg'd of him to inform me wherein I was wrong; to which he answered, That, considering
the

INTRODUCTION.

the Cautions I laid down, he did not perceive I had advanced any wrong Practice.

I had the like Approbation from several judicious Physicians now living, who were so kind as to examine the Book, and freely give me their Opinion of it.

Having such good Reasons to believe that my Observations were just, and might be useful, I was resolved to give them to the Publick. But though *All* the Physical Observations had, beyond my Expectations, the Honour of Dr. *Freind's* Approbation, yet I would by no Means insinuate, that this learned Physician (to whom I was so much oblig'd) approv'd of every thing in the *Essay*, or advised me to publish it; on the contrary, as the Treatment it would meet with was uncertain, he left that entirely to my own Judgment, and told me, that I insisted too much on *Physicians* frequent Attendance, and shew'd too great a Regard to *Nurses*, though he own'd to me on
that

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that Head, he would not himself attend a Patient in a bad Sort, unless they had a Nurse he could depend on. He was also so free to tell me, some of the Profession, for these and such-like Assertions, would probably fall on me, &c. which I well knew and expected, because I differed from them in my Sentiments, as I have mention'd in the *Preface*.

When I had finish'd these Papers, I desired the Opinion, of some ingenious Gentlemen, whose Judgment I could depend on, and I knew were too seriously my Friends to flatter, &c. Pref. p. 14.

I shall only add, that the extraordinary Care and frequent Visiting I observed so necessary in a Distemper attended with such Variety of Turns, however ridiculed by some, is recommended by the great *Hippocrates**, and practis'd

* Visit often, observe carefully, by which Means Oversight or Mistakes will be prevented or rectified. § 10. *ὅτι Ἐνθυμοσύνῃ,*

in less dangerous Cases by a Physician now in great Vogue, and has met with a general Approbation: Nor is the Observation less true because it does not suit the Convenience or Inclinations of other Physicians.

The Reader will probably at first Sight think I have been too particular, but I hope for Pardon, since I apprehend I can give good Reasons for it. Because, in the first Place, Practical Observations require much Consideration, and no small Degree of Judgment, being very difficult to understand, and we having lost the great Judge I appealed to in these Disputes of such Moment and Consequence to the Patient; it must needs be a Satisfaction to the curious Reader; to know the Opinion and Sentiments of so excellent a Physician.

Secondly, it may probably prevent People from being prejudiced against the Book before they have seen or read it, as I am informed several Persons have

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been, by being told it was a mean and trifling Performance, by some that perhaps neither thoroughly considered, nor rightly understood it.

Lastly, As I have endeavoured to abstract the most useful Observations from the best Books in our Profession, common Justice requires that I should have a fair and impartial Reading, and not be condemn'd by the artful Insinuations of Criticks, who I am assured, would have been better pleased if they had met with more Faults.

I shall conclude this *Introduction* by giving a short Summary of my late Book, to which I shall often refer, because the *English* Reader will probably be desirous to see the Opinions of the celebrated *Writers* in one View; and the Physicians, I presume, are sufficiently acquainted with them, to know where to inform themselves more fully in relation to any particular Enquiry.

Reca-

Recapitulation, Chap. XV. p. 153.

I have in several Parts of this Essay attempted to make some Improvements in the Management of this Disease. And supposing I have been mistaken, the Design was both honest and laudable, to make my Profession more useful and beneficial to the Publick.

To this End I have laid before the Reader the best Authors, and best Methods of Practice, in order to set this Affair in a true Light, which may serve as a Foundation to my Brethren to discover my Errors, or to introduce a more effectual Method of Cure so much wanted in this Distemper.

I shall therefore make a short Recapitulation of what I have observed most remarkable, and leave it to the Consideration and Improvement of every judicious and unprejudiced Physician.

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First, I have shewn the great Difficulties which occur in this Distemper, and the many Qualifications requisite in a Physician who undertakes the Management of it†: From whence will appear the Unreasonableness, as well as fatal Tendency of some vulgar Errors.

That Physicians do more harm than good in the *Small Pox*.

Or that a good Nurse is better than a Physician.

Whereas the Truth is, they are both necessary, and there is more than enough for them to do in a bad Sort, as it will exercise the utmost Sagacity and Prudence of the most judicious Physician, as well as the greatest Diligence and Circumspection of the most skilful Nurse; who therefore instead of disagreeing, ought to unite in using their best Endeavours

† Chap. I & II.

vours to preserve the Sick committed to their Charge, in so nice and difficult a Case.

Secondly, I have given necessary Cautions in Relation to the Management of Children that are troubled with *Worms* or *Fluxes* †, an Affair of great Consequence to them in this Distemper.

Thirdly, In the same Chapter ‡ I have mention'd the Danger of using quack Remedies to preserve the Beauty, and have shewn the best Methods to preserve both the Face and Life of the Patient, by making a malignant *Small Pox* more favourable.

Fourthly, I have mention'd several Arguments * which deterr'd me from the common Practice of *Bleeding* in the Beginning of this Disease, and offered some Reasons to prefer *Cupping*, if it was ne-

† p. 48.

‡ p. 55, &c.

* p. 97, &c.

cessary

14 INTRODUCTION.

cessary to lose Blood, and have given some Hints about the Necessity of *Bleeding* sometimes at the latter End, before the Times commonly thought proper.

Fifthly, I have endeavour'd to revive a famous Medicine †; which, though discovered the latter End of the last Century, happens already to be disused. And I have given an Instance of its Efficacy, by the greatest and most amazing Cure that ever was perform'd in this Distemper *.

Sixthly, I have advised the Preparations of *Vitriol* instead of *Bleeding* in the first Stage of the Distemper: Because a Remedy which can resist the Contagion when the Mass of Blood is infected, will with more Ease and Certainty abate the Inflammation, and destroy the Putrefaction in the Beginning.

† p. 53, 87, 127.

* p. 91.

Seventhly,

Seventhly, In Imitation of our famous Countreyman, Dr. *Sydenham*, I have took the Liberty to introduce a *new Medicine* †, which from a serious Consideration of its Composition, and a careful Observation of its Effects, may, I am persuaded, be found of great Use in this, as well as other *malignant, putrid, and inflammatory Fevers*; and therefore well deserves the Consideration of our Physicians. And I am more fond to recommend it, because it is as safe as efficacious.

Lastly, I have represented to the Readers the Danger of neglecting this Distemper in the *Beginning*, that they might take Care to have good Advice before it is too late, and have shewn what Kind of Physicians follow the Steps of our great Master *Hippocrates*, and are most capable of doing them Service. I

† p. 132.

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have given a View of the Distemper from the best Writers, and perhaps have offered more Hints for the Improvement of the common Practice, than will be generally found in larger Books.



A SHORT



A SHORT
V I E W
OF THE
N A T U R E and C U R E
OF THE
SMALL POX, &c.



C H A P. I.



THE design'd Brevity of the following Discourse will oblige me to take Notice only of the principal Symptoms that are most necessary to illustrate the Nature of the
D Distemper,

Distemper, and therefore I must beg leave to refer those who have the Curiosity to see the several Descriptions, &c. of the Disease, to a Collection from the most celebrated Authors published in a late Book *

The *Small Pox* is plainly Epidemical and communicated by a contagious Air entring the Lungs, Stomach, Lacteals, &c. and sometimes by Inoculation. The Infection is also received from sick Persons, and an accidental Fever from a Fright, or otherwise, makes the Blood more susceptible of the Disease.

However there are two Things very remarkable, and, I think, well worthy our Observation.

First, That there must be a Pre-disposition, or that this Contagion has little or no Influence on those that have undergone the Distemper.

Because the morbifick Matter has be-

* Obs. on the *S. P. &c.*

fore been separated from the Blood by the Fever and consequent Fermentation, and thrown off by the succeeding *Pustules*, by which salutary Crisis, if compleat, the sick Person will be no more liable to the Disease.

And this by the Bye I take to be a Solution of that famous Problem so much agitated with little Success, Why the *Small Pox* seldom or never visits a Person more than *once*, and is a Cause so obvious and plain, that perhaps, for that Reason it may be overlook'd by several ingenious Gentlemen who have enquired into this Phænomenon.

Nor will, I believe, the Objection be of great Weight if we allow some may have had it *twice*, and that Nurses who attend the Sick have often a few Pustules: Because, in the first Case, the latent Seeds of the Distemper might not be entirely secreted from the Blood, and therefore the *Small Pox* might be excited *de novo*, and again appear.

In the second, tho' the Blood is really infected by a malignant Air, &c. yet being before depurated by a regular Eruption, there are only produced a few Pimples the Consequence of an external Contagion, which, I think, is rather an Argument for us.

Because Reason as well as Experience shews, that in a genuine and compleat Eruption the Matter of the Disease must be entirely evacuated, and therefore there will be no Possibility of a Return; but in an imperfect Crisis part of the original Cause may remain; which by the Constitution of the Air, or other Accidents of new Contagion may be again secreted from the Blood, and appear in the Form of Pustules, &c.

I have been the more particular in explaining this Head, because I hope it may furnish us with a better Idea of the Distemper.

The second Observation I would make is, That this Infection, tho' at first small
in

in Quantity like a Gonorrhea, Itch, and other contagious Diseases, is capable of encreasing, and by Degrees corrupting the whole Mass of Blood and Humours. This will be more evident, if we reflect on the different Appearances of the Blood on the first or second; third or fourth Days of the Disease.

Corol. Hence it will follow, that the greatest Care and Judgment is requisite to mitigate or destroy the Acrimony of the Infection in the *Beginning*, and strengthen and preserve the Blood against the spreading Contagion; as also what Hazards they run who neglect having good Advice in Time.

Both these Indications seem'd to be remarkably answer'd by Spirit of *Vitriol* in the black *Small Pox* of 1675, mention'd by our famous *Sydenham*. He says the Methods used before with good Success, here availed nothing, for most of the Patients died. I found therefore, continues he, something else was wanting

ing to resist this greater Malignity; at last I bethought myself of Spirit of *Vitriol*, which I hoped would destroy this intense Putrefaction.

This Spirit I ordered to be instilled in the Patient's common Drink, and to be used plentifully in Draughts, &c. which as a Specifick moderated all the Symptoms almost to a Miracle*.

The Face swelled sooner, and much more.

The Skin betwixt the Pocks was of a fine Damask Rose Colour.

The Pustules which were small, filled and grew larger.

Those, which otherwise would have been black as Soot, became yellow.

The Face, instead of being black, was also yellow like a Honey-comb.

They ripened much sooner, which was another good Sign.

* *Obs. Med.* p. 347. Symptomata omnia ad Miraculum fere compescebat.

All these Things happened to those that drank a Quantity of small Liquor, acidulated with this *Spirit* of *Vitriol*; and to those that could not drink plentiful Draughts, I gave this *Spirit* frequently in Syrup, or Juleps.

I have mentioned a great many Advantages from this Remedy, and never found any the least Inconvenience thereby†.

For though the Salivation is towards the *eleventh* Day check'd by it, yet a few Stools at this Time make Amends; for the Patient is then in less Danger from a *Diarrhæa*, than the *Salivation*, because the Phlegm is now often so tough and viscid, as to endanger choaking, which Symptom this Looseness obviates, and is easily stopt.

I should add, that by this Method the Face is generally secured from *Pits*.

I shall only add, that the greatest and most amazing Cure that ever was per-

† Ne minimum quidem Incommodi. p. 348.

form'd

form'd in this Distemper was done by a *Vitriolick Medicine*, as I have formerly mentioned *. And that this Remedy will generally supply the Place of *Bleeding*, which is contrary to the Nature of the Disease, and ought not to be ventured on, as *Sydenham* says, if it can by any Means be avoided.



C H A P. II.

HAVING just now shewn how much the World has been obliged to our famous *Sydenham* for introducing a new Medicine so much wanted in the *Small Pox*: I am naturally led to speak of a noble *Remedy* of the greatest Importance, which was first accommodated to the various Circum-

* Obs. on the S. P. p 91.

of the SMALL POX. 25

stances of the Disease by the same judicious Physician.

Opium, says he, is as much a Specifick in the Confluent *Small Pox* as the *Bark* in *Intermitting Fevers*.

In violent Vomitings and Looseness, acute Pains, and Disorders of the Spirits we must repeat *Opiates* till the Symptoms are relieved.

Opium is cordial and composing, and will promote the Eruption of the *Small Pox*.

In Watchfulness and Inquietude by causing Sleep, it will prevent a Phrenzy, and mixt with Cordials, raise the Pustules when pale and depress'd.

Opiates support the Strength and compose the Disorders of the Spirits, on which Account they may be said to promote the Salivation, and restore it when suppress'd: For though by incrassating the Phlegm the Salivation may be stopt for some Hours, the Spirits being composed by the *Opiate*, it will return again with

greater Force, and be more concocted.—
The Swelling of the *Face* and *Hands* will
be wonderfully promoted and prolonged
by this Remedy, an Affair of the greatest
Consequence at the End of the Distem-
per.

In fine, says he, that Physician must
be ignorant, and have made very slight
Observations, who deprives his Patient of
so great and necessary a Support in this
Distemper.

I can't forbear obliging the learned
Reader with some Reflections of our
Author on this divine *Remedy* in his
own Words, without injuring them by
a Translation *.

Et profectò non hîc mihi tempero,
quin gratulabundus animadvertam, Deum
Omnipotentem πάντων δωτήρα ἐάων, non
aliud remedium, quod vel pluribus malis
debellandis par sit, vel eadem efficacius
extirpet, humano generi, in miseriarum

* Obs. Med. p. 255.

solamen, concessisse, quàm sunt *Opiata*,
Medicamenta sc. ab aliqua *Papaverum*
specie desumpta. Quinimò ita necessa-
rium est in hominis periti manu organum
jam laudatum Medicamentum, ut sine il-
lo manca sit ac claudicet Medicina; qui
verò eodem instructus fuerit, majora præ-
stabit quàm quis ab uno Remedio facilè
speraverit; rudis enim sit oportet, & pa-
rum cōpertam habeat hujus medica-
menti vim, qui idem sopori conciliando,
demulcendis doloribus, & Diarrhœæ si-
stendæ applicare tantùm novit, cùm ad
alia plurima, gladii instar *Delphici*, ac-
commodari possit, & præstantissimum sit
Remedium *Cardiacum*, unicum penè
dixerim, quod in rerum naturâ hætenus
est repertum.

Providence, says Dr. Cheyne †, has
been kind and gracious to us beyond all
Expression, in furnishing us with a cer-

† Essay, p. 213.

tain *Relief*, if not a Remedy, even for our most *intense Pains* and *extreme Miseries*. When our Patience can hold out no longer, and our Pains are at last come to be *insupportable*, we have always ready at Hand a Medicine, which is not only a present Relief, but, I may say, a standing and *constant Miracle*. Those only who have wanted it most, and have felt its friendly and kind Help in their Tortures, can best tell its *wonderful Effects*, and the great *Goodness* of Him who has bestow'd it on us. I mean *Opium*, and its Solution, *Laudanum*, which, when properly prescribed, and prudently managed, is a most *certain* and *sudden Relief* in all *exquisite* and *intense Pain*.

— Nothing is so powerful or so certain a Diaphoretick as an *Opiate* *, — Nothing so much promotes the Eruption of the *Small Pox* and *Measles* †, &c.

* P. 215.

† P. 216.

If in the Time of Eruption, says the experienc'd Dr. *Fuller* *, the Pocks break not out well, a *Paregorick* will be found of excellent Use.

If there be Inquietude and want of Sleep, the Pustules grow slowly, the Interstices want Colour, and the Face swell not at all, *Paregoricks* mixt with Cordials will be very beneficial not only to rectify the present Circumstances, but to pass the next Stage with less Trouble and Hazard.

In the last Stage of a bad confluent *Small Pox*, *Paregoricks* can in no wise safely be forborn; for, at this Time, Nature is struggling for Life; the Pulses run so swift, and are so low, that they can scarce be told distinctly; Breathing is short and laborious, and the acrid Malignity molesth the Spirits to that Degree, (now when they are much wasted and weaken'd) that unless they can be something

* Exanthem. p. 247.

brought to Rest, and recruited, it is impossible they should hold out long.

It lieth, saith he, on the Physician, to observe exactly himself, with his own Eyes, how long the Force of the *Opiate* holds, and as often as it goes off to repeat it. Nay, I have known where the Sick, not being able to bear a common Dose, has had a Necessity of taking it every four Hours.

† I lay the utmost Stress upon this; forasmuch as I have seen, where, upon one single Omission of it, the Spirits have quite fallen down, and never could be rais'd any more.

And I am positively certain, that the Neglect of it hath prov'd fatal to many a one, whom this *Manus Dei*, if it had been laid hold of, would have drawn out of the Jaws of Death.

It may be useful to observe from hence how necessary *Opiates* are to raise

and support the Spirits in the greatest Extremity, and I the rather mention it, because I don't find many Physicians, except the late Dr. *Freind*, have sufficiently apprehended this Cordial Quality in *Opium*.

He has given us two Prescriptions that entirely regard that Intention*, and says,

They must be very ignorant of the Virtues of *Opium*, who prescribe it only at the Time of Rest, to compose and procure Sleep, &c.

From whence I took the first Hint of ordering it in small Doses mixt with proper Cordials, and by repeating it as there was Occasion, have found it, as Dr. *Sydenham* says, The most excellent *Cordial* in Nature.

There is another Management of this noble Medicine, of the greatest Consequence in this Disease, where there

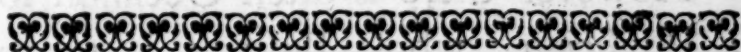
* Emenolog. p. 114, 141.

are Contraindications which require no small Judgement and Care in the Physician.

Opiates are often absolutely necessary towards the latter End of this Distemper to relieve or prevent a *Phrenzy*, compose the Spirits, support the Patient, &c. and yet by their incrassating Quality, they will increase the Viscidity of the Phlegm, allay the Cough, and, if imprudently given, may choak the Patient, &c.

But a judicious Prescriber, instead of being prejudiced against so necessary a Remedy, will guard against Inconveniences by chusing those Preparations of *Opium*, which incrassate the least, and will mix them with lubricating and deterfive Medicines, at the same Time by Lamentatives, Gargles; &c. using his utmost Care to promote *Expectoration*. Thus he will order, *Pil. Matthæi*, *Elix. Asthmatis*. &c. instead of *Diacodium*, the most glutinous and ropy *Opiate*, and therefore the most improper Preparation
at

at this Time; besides that the Apothecaries by fining or clarifying this Syrup, often spoil, or so far rob it of its Virtues, that 'tis difficult to find it of the same Strength in any two Shops, by which Means the Physician must be deceived in his Expectations from it. I thought it proper to offer these Observations, because too many Patients have suffered for want of the abovementioned Cautions.



C H A P. III.

THE Prince of Physicians, our great Master *Hippocrates**, and his best Follower our famous Countryman, Dr. *Sydenham*, have laid down these Fundamentals in Physick, That Nature cures

* *φύσις νόσων ἰατρεῖ.* Hipp. Epid. 6.

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Diseases, and that we ought diligently to observe and assist the Motions of Nature.

That is, the great and good Author of our Being has so wisely contrived the natural Frame or Make of his Creatures, that in every Disorder of the animal OEconomy there should be a *Conamen Naturæ*, or the natural Powers should have a Capacity of exerting their Force to resist Destruction and preserve the Constitution.

However there is often Occasion for a Physician; whose Business is to relieve and support Nature when oppress'd, to curb exorbitant Symptoms, and endeavour to restore the Body to a natural State. But we ought to be extremely cautious that we do not by *Bleeding*, &c. weaken and impair the natural Strength, that being often an irretrievable and fatal Error, especially in this Distemper, as will appear more plainly hereafter. Sometimes a Fever is
excited

excited to promote a natural Crisis, and depurate the Blood by Sweat, Urine, Eruptions, &c.

This last Method is plainly indicated in the Cure of the *Small Pox*, and there is required great Judgment so to moderate the Fever as to produce a genuine and compleat Eruption.

If that is too much encreased or diminished, the Patient will suffer from either Extreme*. For a cool Regimen, which at first, perhaps, was of the greatest Service to the Patient, by too long Continuance may become prejudicial, and by injudiciously persisting in Cordials which preserved his Life, we may become at last instrumental in his Death.

Thus a Physician will cure with the same Remedies that an unskilful Person destroys. Wine is a great Cordial, but

* Obs. on the S. P. r. 45.

drank to Excess oppresses the Spirits which it before raised. Thus by too obstinately persisting in a vegetable Diet, which in the Beginning might have been useful, are produced *Cachexies*, *Dropsies*, &c. and the Constitution may be weaken'd or destroy'd. What Care therefore as well as Judgment, is requisite in observing the different Effects of Medicines in so nice a Distemper?



CHAP. IV.

THERE are two general Indications, says our famous *Sydenham*, in the Cure of the *Small Pox*. First, to moderate the Fever and Fermentation.

Secondly, to support, by proper Methods the Pustules.

As it is dangerous and imprudent by a hot Regimen to raise the Fever too high,

high, whereby the Secretions are hurried, and a crude Matter separated instead of natural Eruptions; so on the contrary, there is equal Danger in weakening the Fermentation by *Bleeding*, &c. Because by these Means the natural Separation of the morbid Matter from the Blood may be much hindered or disturbed, and a favourable Pox may be thereby changed into a bad Sort; so that if it can any ways be avoided, we should forbear this Practice.

For by these Evacuations, the Fermentation, or Ebullition, whereby the Eruption is perform'd, is so lessened, that though the *Small Pox* appears favourable at first, yet in a short Time the Pustules recede and fall on a sudden; because the Blood and Humours necessary to feed and support them, are taken away by the foremention'd Evacuations.

The great Judgement therefore is to preserve such a Degree of Fever as is proper

proper to produce a compleat Eruption.

If that is too much increased or diminished, the Patient will be equally in Danger from either Extreme.

In this nice Affair we must consider well the Climate, Season of the Year, the Age and Manner of Living of the Patient, the present State of the Distemper, and many other Circumstances, which not only exceed the Capacity of a Nurse, but require the utmost Care of a careful as well as judicious Physician.

The discerning Reader will easily recollect from hence the Advantages of a moderate Method, and the Mischiefs arising from a contrary Management. He will also perceive how necessary it is to *dilute* well in this Disease, and how useful the Preparations of *Vitriol* and temperate Restringtons are, to check the Inflammation and violent Ebullition of the Blood, moderate the Fever, prevent,

vent a hurried and imperfect Separation, and procure a regular and compleat Eruption, as I have formerly observed †.

For the experienc'd Dr. Sydenham has assured us, * that the longer Nature is employ'd in this Affair of Separation, so much the more perfect will be the Eruption, and that he never knew nor heard of any that miscarried on Account of the *Small Pox* not appearing soon enough, &c.

But as the Preparations of *Vitriol* and *Incrassants* are proper where the Fever and Ebullition run high, and *Bleeding*, which is often attended with ill Consequences, may be thereby prevented; so on the contrary if the Malig-

† Obs. on the S. P. p. 127.

* Neque ipse vidi, nec fando accepi, quenquam ex eo periisse quod Variolæ primo non eruperint, etsi nimis multi perierint, quorum Variolæ primum laudabiliter erumpentes postea, recedentibus Pustulis, præmaturè detumuerunt. Obs. Med. p. 145.

nity is fix'd on the Spirits, the Patient has no feverish Heats, nor Thirst, Urine pale, Pulse quick and weak, little Vomiting and Sickneſs, in theſe terrible nervous Caſes we muſt raiſe the Spirits, and promote the Circulation by generous *Alexipharmicks*, *Volatiles* and *Cordials*, apply *Blifters*, &c.

'Tis very remarkable that all the Phyſicians who have conſidered this Subject, allow of a temperate Regimen and moderate Method as the moſt effectual Means to relieve their Patients, and yet when we come to examine their Practice we find them inſenſibly led by their different Hypotheſes to act contrary to their fundamental Principles. This Obſervation is too plainly illuſtrated by Reflecting on the Remedies uſed in this Diſtemper by two of our Countreymen that lived in the ſame Age, and both famous for their Practice and Writings on the *Small Pox*, I mean Dr. *Sydenham* and Dr. *Morton*.

But

But what we most lament is, That they who seem to have imitated the Divine *Hippocrates* by a full and exact Enumeration of the Symptoms of the Disease, though they were Contemporaries, and practised in the same Place, have been so far prejudiced as to describe their Histories quite different in favour of their particular Systems: For all *Sydenham's* Cases are of the inflammatory Sort of the *Small Pox*, and consequently require a cool Regimen, as all *Morton's* are said to be oppress'd by nervous Symptoms and a lowness of Spirits, which made Cordials and warm Alexipharmacks more proper; a Contradiction so great, I can't pretend to reconcile to Credibility, and so remarkable an Instance of human Prejudice, I am surpris'd that it has not been animadverted on before.

No Wonder then, that the Patients suffer when the Physicians are so insensibly carried into dangerous Extremes.

I shall therefore take the Liberty to

G

propose

propose a moderate Regimen and temperate Medicines, as I apprehend, more agreeable to the natural Indications of the Disease, in which if I should fail of the desired Success, I am willing to flatter myself my Endeavours may escape Censure, since we find the greatest Physicians have been grossly mistaken in this nice and weighty Affair.

In order thereto I shall beg Leave to offer to the Consideration and Improvement of my Brethren, the Physicians, a temperate Alexipharmack Medicine, which from Reason and Experience, I am persuaded, will answer the principal Intentions in the Cure of the *Small Pox*, and I hope the Novelty of the Composition will not raise Prejudices against it.

℞ *Lap. Contrayerv. gr. xv. Bezoar. Mineral. gr. x. Sal. Volat. succin. opt. gr. vj. Extract. Opii Theb. gr. ss. Partis Liquid. Confect. Rawleigh ʒj. Syr. de Mecon. q. s. m. exactissimè, f. Bol. sumend.*

mend. vesperi & repetend. pro re natâ.
 The *Lapis Contrayervæ* is sufficiently known to be a temperate Alexipharmack and Absorbent; the Virtues of *Bezoar Mineral*, though recommended by the best Physicians of the last Age, are little known in present Practice, because few have made Trial of it; but having mention'd it at large in a former Treatise, I shall only now observe, that it promotes Perspiration or Sweat, and, which is extraordinary, cures a Fever without giving Heat; that is, removes the Obstructions in the Capillary Vessels, and restores a free Circulation. I should here take Notice that 'tis difficult to meet with this Medicine rightly prepared, even in the best Shops, because there is a good deal of Trouble and Nicety in the Management of it, and 'tis seldom used, except by Mr. *Clutton* in *Holborn*, who is the most curious in making it, and therefore I generally desire the Apothecaries to get

it from his Shop. For this Reason the late Dr. *Freind* told me he seldom prescribed it, and the same Difficulty may probably discourage other Gentlemen from giving it a fair Trial.

Salt of Amber is a volatile penetrating Acid; hence it stimulates the Nerves, raises the Pulse, promotes Perspiration and the Secretions by Urine, &c. 'Tis well known to be an excellent Remedy in dangerous Fevers where the Nerves are affected, and would produce extraordinary Effects, if it was given in a sufficient Dose, as I have often with Pleasure experienc'd by ordering above twice the Quantity generally prescrib'd.

But there is yet a greater Advantage which very few are acquainted with by joining this volatile *Salt* with *Opium*, by which happy Mixture both these noble Alexipharmack Medicines are improved to the highest Degree; the *Relaxations*, *Stupors*, *Deliria*, or *Convulsions*, sometimes attending the improper Administration,

stration, or Preparations of *Opiates*, are prevented, and instead of *Watchfulness*, *Phrenzy*, and a horrid Train of *nervous* Symptoms, we safely procure *Ease*, *Refreshment*, and *Sleep*, the greatest Cordials and Support in this terrible Distemper.

I have given a small Dose of *Opium* in this Composition, intending it as a Cordial rather than a Paregorick, in Imitation of Dr. *Freind's* Practice before-mention'd *, besides, that it may be more conveniently repeated, or we may add a composing *Draught*, as there is Occasion. The Usefulness of this Medicine will appear more evidently if we consider what has been said before (*Chap. II.*) of the Necessity and Advantage of *Opiates* in the *Small Pox*, and if those who are prejudiced against *Bezoar Mineral* omit it, 'twill still remain a Remedy of great Efficacy.

* Obs. on the S. P. p. 31.

I should add by way of Caution, that Salt of *Amber* is a dear Medicine, and much adulterated, and therefore Care must be taken to procure it genuine. — The last Ingredient is *Rawleigh's Confection* a generous Cordial and Alexipharmack, in which the *Rad. Tormentill. Bistort. &c.* being temperate Restringtons make it less heating, and improve the Composition which has not been taken notice of, though *Riverius* has an excellent Observation to that Purpose, as I have formerly observ'd †.

We ought not rashly to reject the Authorities of so many great Men in the Profession, but rather conclude that *Lentiles, &c.* moderate the Inflammation and Ebullition of the Blood, by their restraining and incrassating Qualities.

It may not be amiss also to observe, that the Dispensation of *Opium* and

† Obs. on the S. P. p. 128.

Medicines of Consequence should not be trusted to the Management of Apothecaries Servants, who by a small Mistake in the Weight, or a little Carelessness in the Mixture may deceive the best Physician's Expectation, and destroy his Patients; though I don't see how they can blame an Apothecary for Mistakes committed in his Absence, who oblige him to neglect his Shop, by insisting on frequent Visits and unnecessary Attendance.



CHAP. V.

WE shall next make some short Reflections on the general *Evacuations*, which, as I have before mentioned *, are Remedies of the last Im-

* Obs. on the S. P. p. 159.

portance;

portance; as a proper Use of them is necessary to the Preservation of the Patient, and an improper Application may be attended with the most fatal Consequences. For many Persons are destroy'd by those Administrations, which, if rightly *timed*, might have saved their Lives; so dangerous is the Error of those, who, like *Moliere's* **Doctor*, think if the Patient is *blooded, vomited, blister'd, &c.* all is right, and they have nothing to answer for, and fancy that most People above *forty* are wise enough to be *Physicians*.

I shall begin with *Bleeding*, which deserves our most serious Consideration, and indeed was the first and principal Motive that induced me to write this short Treatise, that I might have the Opportunity of presenting the Reader with several uncommon Observations on that

* v. *Malade Imaginaire*.

Subject, approved by the late learned Dr. *Freind*, for which Reason I shall reprint that Chapter * without any material Alteration.



CH A P. VI.

Of BLEEDING.

WHEN the Fever runs high in the first Stage of the Distemper, when there is, or seems to be a *Plethora* or Inflammation, or any Part is vehemently affected, as the Head, Back, &c. Physicians generally order a Vein to be opened, intending thereby to diminish the too great Quantity of Blood or Inflammation, by giving room for a freer Circulation; and to make a Revulsion from the Parts affected. And as this Method is recommended by in-

* Obs. on the S. P. C. XIII.

genious Reasonings, and the Practice of the most celebrated modern Physicians, and affords present Relief in the Agonies of a critical Eruption; I confess, that till lately, I had, I think, too great a Regard to the Inflammation, and treated this Disease like other Inflammatory Fevers. But when I considered more carefully, and observed the Methods pointed out by *Nature* to relieve the Patient, I was convinced, that this particular Fever was necessary to promote a salutary Crisis by the Glands of the Skin, and separate the infected Humours from the Blood.

Hence perhaps we may account for the Observation of *Helvetius* and Dr. *Freind*, that though a distinct *Small Pox* is generally reckon'd a *nine* Days Work of Nature, and to require no Help from Medicines, yet they have often found by Experience, even this sort of Pox attended with dangerous and fatal Symptoms *.

* Freind Ep. p. 5.

The Reason I conjecture may be, that the Patient might be too much weaken'd by Evacuations, and not have Strength enough, or the Fermentation might not be sufficient to expel the *Small Pox*, and consequently, though all might be fair without, and the Pustules few, the variolous Matter remaining behind might fix on the *Throat, Lungs, Stomach* or *Intestines*, all which Parts have been found affected upon opening; and I believe, something of this Kind would generally appear where the Distemper proves fatal, if People were not averse to so useful an Examination.

I have often wondred, that Persons of Sense and Distinction, should oppose so reasonable and satisfactory Enquiry into the Cause of a Relation's Death, when they often are at a great Expence to embalm, that is, not only imbowel, but cut and mangle the Corpse in a butcherly Manner.

Whereas the opening in order to

inspect the distemper'd Parts, if done by a skilful Hand, is not dissecting, but a fine Operation, and the Body is not at all defaced thereby.

Wherefore upon mature Reflection, and more careful Observation, I am apt to suspect that we have been mistaken in this Affair, and shall beg leave to offer to the Consideration of better Judges, the chief Reasons that induced me to alter my Opinion, which I hope I shall never be ashamed to change for the better, especially in a Case of that Consequence, where the Life of a Patient may be concern'd.

First, I considered, that the infected Particles ought to be separated from the Blood, and thrown on the Skin, because in a genuine and compleat Eruption, the Cause of the Disease is entirely evacuated; and consequently, the Fever will be a necessary Instrument of Nature to separate the corrupted Humours from
the

the Blood, and promote a salutary Crisis.

Secondly, I reflected seriously on the following Observations of the judicious Dr. Sydenham.

The Eruption will be more compleat, the longer Time Nature employs in separating the peccant Matter from the Blood, if no violent Symptom prevents. It requires the Skill and Care of a good Physician to manage, so that the Fever neither rises too high, nor is too sluggish.

Bleeding, says he, promotes too quick an Eruption: And again, *Bleeding* and Evacuations are ought to be used if we can avoid them; because not only the Fermentation is too much lessened thereby, which is necessary to promote a perfect Despumation; but by these Means the Humours are taken away, which should nourish and support the succeeding Pustules.

Hence he observes, the *Small Pox*
which

which appear'd favourable, sometimes sunk and fell on a sudden *.

In another Place, he says, many Persons are kill'd by Cordials, and more would die by a hot Regimen, if they were not *blooded*, which otherwise is useless and dangerous. For *Bleeding* is necessary in this Case of the Blood being inflam'd by hot Medicines, though contrary to the † Distemper, as it disturbs and confounds the Separation, and defrauds the Pocks of the Nourishment design'd to support and plump them ‡.

Again, he thinks it necessary to bleed young Persons, whose Blood is inflamed by drinking, to prevent *bloody Urine* and *Purple Spots*.

Though some Years afterwards, when he experienced the wonderful Effects of *Spirit of Vitriol* to abate the Inflam-

* p. 188.

† Licet per se officiat.

‡ Pabulum destinatum subducit. p. 199.

** p. 196.

mation, he prefers that to *Venesection*, in a Case where the Indications were plain for *Bleeding* †.

In his Epistle to Dr. Cole, he ingenuously confesses, that he did not think *Bleeding*, though ever so early perform'd, abated the Inflammation so much as fresh Air. And I do religiously affirm, says he, that almost the worst Sort that ever I saw, and which killed on the *eleventh* Day, happened to a young Woman just cured of a Rheumatism, by the common Method of plentiful and frequent *Blood-letting*. From hence he took the first Hint, that *Bleeding* was not so useful as he before imagined *.

It is remarkable, that *Fernelius*, Physician to *Henry II.* though a *Frenchman*, forbids *Bleeding* in the *Small Pox*, and other malignant Fevers, because he says the Blood is thereby made more lia-

† Vid. supra p 87.

* Diff. Ep. p. 29.

ble to the Infection, and the Strength being impaired by this Evacuation, is less liable to resist the threatening Contagion †.

This, says he, is confirm'd by Experience, and therefore instead of *Bleeding*, he orders *Acids* that strengthen the Blood, and *Alexipharmacks* *.

Dr. *Lister* says it is not proper to bleed in this Distemper, unless to relieve some violent Symptom, and observes, that in *bloody Urine* or *Purples*, the Fibres of the Blood are so broke, that they

† Sanguis Phlebotomia concitatus promptius labem contrahit, quemadmodum Aqua cui Fellis tantulum injeceris, si agitetur, ocyus, quam si consistat, amarescat. Quinetiam vires vacuatione immutæ, insipienti pernicei minus obfistunt. *Fernel. de Morb. Pestilent. 2. Cap. 12.*

* Non quæ vacuant, sed quæ frigore & adstrictione levi, spiritus, sanguinem & humores cohibeant, reprimentque; cujusmodi est mali punici, citrei & uvæ acerbæ succus, victusque persimilis: tum quæ Veneni vires aut obturant, aut hebetant, aut foras sudore exterminant. *Id ib.*

can't

can't coagulate and separate from the Serum.

The learned *Boerhave*, speaking of the bad Symptoms which often attend a Suppression of the *Lochia*, as *Phrensy*, *Pleurisy*, *Quincy*, *Dysentery*, *Cholick*, &c. observes that in treating those dangerous Symptoms, we should have the greatest Regard to the original Cause of the Disorder, and says we must not bleed, even in such Symptoms, but in extreme *Necessity**.

Thirdly, Hence I concluded that *Bleeding* ought not to be used in the Beginning unless in Cases of *Necessity*; because contrary to the Nature of the Distemper, and might prove of dangerous Consequence to the Patient.

* Cuncta hæc eradicantur sponte, radice mali excisâ.

Neque curanda symptomata proinde ac si essent Morbi acuti sui generis.

Venæsectio haud facilè nec nisi urgente summa Necessitate adhiberi potest. *Boerh. Aph. de Morbis Puerp.*

Fourthly, I considered, that it required great Skill and Attention to distinguish a real from an apparent *Necessity*; a Symptom from an original Cause †.

Thus for Example, the Blood will be rarified by the Fever and Fermentation and consequently take up more Room, (as we may see in boiling Water) and distend the Vessels; from whence, and the Acrimony of the Infection, may proceed violent Pains in the Head, Back, &c. so that I am afraid we are often in this Case deceived, by thinking this temporary Plenitude requires Evacuations, which ceases as the Fever abates, after the Separation of the morbidick Matter from the Blood.

Coroll. Hence perhaps we may account, not only for the subsiding or sinking of an apparently favourable *Small*

† *Ægritudinis magnitudo & virtutis Robur potissimæ sunt intentiones venæ incidendæ. Aërii de re Med. lib. 3. p. 113.*

Pox, but also why the Eruption is incomplete, and the Crisis imperfect.

Because by improper Evacuations the Eruption may be check'd and disturb'd, and we may so weaken the Patient, that there will not be sufficient Strength left for the natural Powers to protrude the morbid Humours on the Glands of the Skin, and consequently it will be no Wonder, that the Infection remaining behind, should produce terrible Symptoms in the Progress of the Distemper.

But suppose there was a real *Plethora*, and *Bleeding* should not diminish the Strength or Vigour of the Constitution, perhaps the Blood may be more *infected* thereby; that is, the Cohesion of its Parts may be altered by so sudden an Evacuation, and consequently be made more susceptible of the spreading Contagion, and therefore I would rather advise *Cupping* or *Leaches*, &c.

They who think *Bleeding* is only of

Use to empty the Vessels are no Judges of this Affair; but I believe every good Physician knows, that 'tis often prescribed to alter the Quality of the Blood, when vitiated, and make it yield more readily to the force of proper Remedies.

If therefore we can by this Method make the Blood susceptible of the good Effects of Medicines, I fear it will be more liable at this Time to receive bad Impressions from the prevailing Infection.

What is here advanc'd seems to be agreeable to the Experience of the best and ancient Writers, who forbid opening a Vein in pestilential, or malignant Fevers.

Coroll. 2. Hence it appears how much they are mistaken who advise *Bleeding* by way of Preparation or Prevention *:

* Cavendum ne in secundâ Valetudine adversæ præsidia consumantur. *Celsus.*

whereas this Method in all Probability may introduce the Disease from an infected Air, and render the Blood more obnoxious, and less able to resist the Malignity of the Distemper.

Coroll. 3. 'Tis also evident, if we do bleed, how necessary it is at the same Time to give Medicines that preserve and invigorate the Crasis of the Blood, as *Spirit of Vitriol*, &c. in order to guard against the Inconveniences consequent thereon.

Sixthly, But as I don't pretend to oppose my Practice to the Experience of the rest of the Profession, so I would not willingly have my Arguments answer'd without any Reason but a bare Assertion, that they have found *Bleeding* useful in the *Beginning* of this Distemper. For that is the present Question in debate, and if they appeal to Experience, I would beg the Favour of these Gentlemen to consider the small Proportion those that have been *blooded*, bear to the
great

great Numbers of the common People that have pass'd through this Distemper without that Operation; which is generally the Case of those that are left to the Womens Management. I know very well that the latter are generally more healthy, and their Blood less corrupted, and consequently they have the Distemper more favourably.

Yet the visible Marks, Multitudes of these retain in their Faces, besides frequent Experience, evince the Danger they have undergone from the Malignity of the Disease, as well as their Betters; and therefore is an Argument, that *Bleeding* is not always necessary, even in the worst Sort of *Small Pox*.

Nor indeed can I conceive how this Evacuation can be more useful to those of a weak and delicate Texture, than the others that are of a vigorous and *sanguine* Constitution.

I will only add, that though *Bleeding* is often attended with ill Consequences

quences, the Symptoms that are thought to be relieved thereby, though terrible, are not so dangerous as many others.

For Example, a high Fever, great Pain in the Head, Back, and Loins, Inquietude, Sickness, and violent Vomitings, *Delirium*, Convulsions and Epileptick Fits, are not such bad Signs, as generally imagined: These terrible Symptoms, I say, if attended with a strong, though quick Pulse, shew a Strength in Nature, and are often reliev'd without *Bleeding*, which no Body can be ignorant of, who has observed this Distemper amongst the more ordinary People, or when left to the Nurses Management.

But the Difficulty is how to manage *Hæmorrhages*, *purple*, *livid*, or *black Spots*, where the Fibres of the Blood are broke, and the Globules have lost their Attraction, and Cohesion, and a Mortification is beginning: *Bleeding* I fear will hasten Death; at least, I may venture

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ture to say, is not so proper as Preparations of *Vitriol* and *Opiates*.

Again, If the Spirits are much affected by the Malignity, if the Patient has no feverish Heat, nor Thirst, the Pulse, though quick, low, and weak, and perhaps unequal, Urine pale, &c. to procure a tolerable Eruption, *Hoc Opus, hic Labor*.

No Physician, I believe, would think of *Bleeding* in this malignant Case, but would rather prescribe *Alexipharmacks*, *Cordials*, and *Volatiles*, with *Camphire*, *Blisters* and *Opiates*, to support and raise the Spirits, and compose those nervous Disorders, &c.

To conclude this Head, though *Bleeding* is in my Opinion generally improper in the *Beginning*, at least, as Dr. *Freind* says of *Purging*, *multas habet Cautiones*, and requires the Judgement of a prudent and experienc'd Physician to determine; yet, I own, in bad Cases we find it frequently necessary, especially towards the

Conclu-

of the SMALL POX. 65

Conclusion of the Distemper; and then we must not be too scrupulous in Regard to particular Days, but prescribe according to the Exigency of the Symptoms *.

The famous Sir *Theodore Mayerne* advises, in Difficulty of Breathing, when the Patient is in Danger of being suffocated in the latter Part of the Distemper, or in an *Erysipelas* that swells the Head, to apply immediately *Leeches* to the Neck, or open the Veins under the Tongue, which will *bleed* so freely, that he cautions to have a *Styptick* ready; and he says, by opening these sublingual Veins, the Countess of *Bedford*, almost dying, lost above twelve Ounces, the Countess of *Carlisle*, a greater Quantity, (besides many others which he omits for Brevity sake) both which La-

* Siquidem Medicina non ad Temporis mensuram, sed ad Morbi momenta accommodari debet.
Freind Ep. de Purg. p. 19.

dies, when they recovered, acknowledged that they owed their Lives to this *Plebotomy*.

I hope, from what has been advanc'd, no Body will be so malicious as to insinuate, or so weak as to imagine, that I disallow of *Bleeding*, &c. when the Indications are plain or urgent; since he would act like a Madman rather than a Physician, who whilst he used his best Endeavours to drive the Gout into the Extremities, if the morbidick Matter should be translated into the Head or Lungs, and produce an *Apoplexy*, *Coma*, or *Peripneumony*, should neglect the proper Relief of these violent Symptoms.





C H A P. VII.

Of Vomiting.

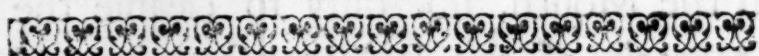
I Think Vomits are generally useful in the Beginning of the *Small Pox*, if there is any *Nausea*, Sickness, or ill Taste in the Mouth, not only to cleanse the Stomach of the Relicts of undigested Food, Sourness or Choler, which may ferment and occasion *Fluxes*, &c. but also as the Action of Vomiting gives the strongest Concussions to all the Muscles and Solids of the Body, and thereby promotes glandular Secretions.

But if the Vomiting, as frequently happens, is Symptomatick, *Carduus*, or warm Water will be sufficient; and if 'tis violent, it will be of dangerous Consequence to encrease the Irritation, as in the Vomitings

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of breeding Women and *Cholera Morbus*.

But in the latter End of the Distemper when the Salivation is stopt and the Patient in Danger of being choak'd by viscid Phlegm, where expectorating Medicines and Gargles are ineffectual, a proper *Emetick* in this Extremity has saved many Persons from the Jaws of Death.



C H A P. VIII.

Of PURGING.

GENTLE Purges are proper on many Accounts in the Beginning; *First*, to unload and cleanse the Intestines from Impurities and Flesh Excrements, which by being long retain'd will corrupt and ferment, and occasion a Looseness or other inconvenient Symptoms.

Secondly,

of the SMALL POX. 69

Secondly, We by this Means make room for more proper Nourishment without overstuffing the Belly, which is naturally shut up during the whole Decumbiture, to promote Perspiration, and determine the Eruption of the *Small Pox* by the Skin.

In Children Physick is generally necessary to prevent a Looseness and destroy *Worms* they are so often troubled with, on which Account a gentle *Mercurial* Purge will be most effectual.

As to the famous Dispute about Purging in the second Fever, I shall only say that the late learned Dr. *Freind* has obliged the World with *three* different Treatises on that single Subject, where the judicious Reader will also meet with curious and uncommon Observations in relation to the Nature and Cure of the *Small Pox*.

CHAP.



C H A P. IX.

Of BLISTERS.

IN an Inflammatory *Small Pox*, I must own I am not fond of Blisters in the Beginning, especially on the Back, as is commonly practised; because the Symptoms, as I apprehend, may generally be relieved without them, and they sometimes do Mischief by stimulating and evacuating the Serum and Lymph which are necessary to dilute and mitigate the Acrimony, as well as support and fill the succeeding Pustules: Besides, that there is intolerable Inquietude in the first Stage without the additional Pain from a Blister, and I would keep the Neck in Reserve, because we too often in the Progress of this Disease have a real Occasion to relieve the Brain, which is done
most

most effectually by applying a large Blister to that Part, whereby we make a Derivation from the *Cerebellum* and *Medulla Spinalis*, by stimulating the Nerves that run directly along this Place. And therefore if Blisters are thought proper, I should advise them to be applied behind the Ears, along the Neck, or to the Wrists, or Feet in the Beginning, by which Practice we shall answer another Intention of great Moment, too little regarded at present, *viz.* making a Revulsion from the Head and Face, an Indication of such Consequence, that the experienc'd *Sydenham* lays it down as a Rule, *That the Danger in this Distemper is to be estimated from the Number of Pustules in the Face alone.*

On which Account I have before the Eruption order'd stimulating Plaisters to the Feet to make a Revulsion from the upper Parts by drawing a greater Quantity of the Blood, &c. to the Extremities

ties in order to separate the greatest Part of the morbidick Matter there.

D. J. Christianus Fermannus says, the best Preservative for the Face is frequently in the Beginning of the Distemper, to hold the Feet over the Vapours or Steams of a Decoction of emollient Herbs, by which Means the lower Parts are softened, and the Skin and Vessels relaxed; and consequently, there will be a Derivation of a greater Quantity of the fermenting Blood and Pustules.

The Efficacy of this Practice is confirm'd by the Experiment of *Sylvius*, who says, if Children's Feet are immers'd in hot Milk, the Face will be preserved, but the Feet will suffer Pain, be very tender, and full of the *Small Pox* *.

Baglivi says, he orders Sponges to be dipt in hot Emollient Decoctions, and by applying them to the Hands and

* Boneti Med. Septent. p. 226.

Feet, has given great Relief to the Patient †.

This Practice is recommended much by Dr. *Boerhave* *.

I have often wondred this Method has not been more in Use amongst us, because, if we reflect on it, we shall find it agreeable to Reason as well as Experience: For 'tis apparent from Anatomy, that the upper Trunk of the great Artery conveys the Blood to the Parts above the Heart, as the descending furnishes the Parts below it; consequently if we increase the Circulation in the inferior Parts, we shall derive a greater Quantity of Blood from the superior, and occasion a Flux of Humours in the Extremities. 'Tis as plain from Reason and every Day's Experience, that we can easily effect this by stimulating Applications, especially if at the same Time we

† De Praxi Med. p. 62.

* Aph. de Variolis.

relax or weaken the Parts intended to receive this extraordinary Afflux. It will therefore follow, that whilst the morbid Matter is fluctuating, we may by this Practice not only derive a greater Quantity of Humours to the lower Parts of the Body, but by weakening and relaxing them occasion an extraordinary Separation of the *Small Pox* there; as appears from the abovementioned practical Experiments, and consequently preserve the Face, &c.

It may not be improper to observe here, that I formerly * offered some Reasons to account for Dr. Sydenham's Observation, that a particular Regard is to be had to the *Face* in prognosticating the Danger of the *Small Pox*; because that Part being so much exposed to the Injuries of the Air, the Skin is hardened, Perspiration check'd, and the

* Obs. on the S. P. p. 56.

Pocks, during Maturation, are more liable to be struck in, as well as the Suppuration obstructed; on which Account the Patient's Life will be in Danger, which I don't remember has been before observ'd.

I have been confirm'd in these Conjectures by a Lady of Distinction, who, after reading my Observations, told me, that she and her three Sisters had their *Faces* saved in a bad *Small Pox*, by wearing light *Silk Masks* during the Distemper: I wish we could persuade others to follow their Examples, which might be instrumental in saving their Lives as well as their Beauties.

But though I often disapprove of Blisters in the Beginning of an *inflammatory Small Pox*, I think them absolutely necessary in *nervous Cases*, especially at the latter End of the Distemper, when they are of excellent Use with *Opiates*, to raise and support the drooping Spirits.

A sharp Blister to the *Neck*, is of the last Consequence at this Time of the Disease, to prevent choaking from the *Salivation*, and promote the Swellings of the *Hands* and *Face*, and to supply the Place of other Evacuations that may be yet dangerous, as well as to relieve or prevent *Deliria* or *comatose* Affections. Nor am I discouraged by the vulgar Observation, that many People die after the Application, since I am sure they can do no Harm, and am using the most probable Means to save the Patient's Life.



C H A P. X.

HAVING already consider'd the Nature of the *Small Pox*, and given the Reader a short View of the Distemper, we shall be the better able to judge of the most proper Methods
of

of relieving the *Symptoms*. For if we have not the strictest Regard to the original Disorder, we shall be betray'd into dangerous Errors, and whilst we are busy in attacking Symptoms aggravate the Disease.

Thus in an irregular Fit of the Gout a good Physician will always have in his View the principal Intention, and though anomalous Symptoms may demand *Bleeding* and *Evacuations*, we must still have regard to the Strength, and, as far as we are able, support the Vigour of the Constitution, which is necessary to determine the *Gouty* Matter to the Extremities.

So, in the *Small Pox*, *Bleeding* is sometimes necessary in the Beginning, as I have before allowed, though not so often as is generally thought; but even then, I think, we should proceed with great Caution in regard to the Consequences, and rather order *Cupping*, for
Reasons

Reasons mention'd in another Place *.

I shall now proceed to consider the particular Symptoms that occur in the several Stages of the *Small Pox*, and mention the Remedies, which appear to me most proper to relieve them, which though they are chiefly design'd for the younger Physicians, may, perhaps, furnish some useful Hints to those that are more experienc'd. I have before given a *View* of the Nature of the Disease, and from thence deduced the Advantages of a temperate *Regimen*, and the Usefulness of the Preparations of *Opium* and *Vitriol*, and endeavour'd to point out the Contraindications, as well as the proper Indications where those Powerful Remedies are required. I have also treated on the general *Evacuations*, and the Benefits or ill Effects

* Obs. on the S. P. p. 116.

of the SMALL POX. 79

from the Use or Abuse of them, so that this Task will be more easily executed.

Thus if the Symptoms of Inflammation run high, we should dilute plentifully with small Liquors, acidulated with *Sp. Vitrioli dulc.* whereby the Ebullition of the Blood will be restrain'd. I take the *dulcified Spirit of Vitriol*, if rightly prepared, to be much preferable, except in *Hæmorrhages*, to Dr. Sydenham's famous *Sp. Vitriol.* because the first is opened by the Sulphur in the Spirit of Wine, made volatile, penetrating, and more agreeable to the *Stomach, &c.*

But as this *volatile Acid* is a nice Preparation, and very difficult to be met with, I shall communicate the *Recipe* as follows,

R *Ol. Vitriol rectificat.* lb j. *Sp. Vin. Gall. rectificat.* lb iij. *M. paulatim, Digere per Mensē frigidē & Destilla S. A. ad siccitatem.*

We may warm this *volatile Acid* in particular Cases with *Tinct. Spec. Diamb.* and

and thereby make an *extempore* Remedy far exceeding *Mynsicht's Elixir Vitrioli*.

As there are no Directions in any of our Dispensatories for making *Tinct. Spec. Diamb.* it may be of Use to mention the following *Stomach Tincture* often order'd to be kept in the Shops by the late Dr. *Freind*.

℞ *Spec. Diamb. sine Od Rad. Galang. ana ʒj. ℥. Croci Coccinell. ana ʒ℥. cum Aq. Absynth. mag. c. ʒix. extrahatur leni Calore Tinct.*

I am apt to believe it might be improved by *Ambergrise* for Reasons mention'd by Dr. *Fuller* *. We may also by adding *Laud. Liq.* to *Sp. Vitriol.* as I have often directed, or by digesting *Opium* in this *Acid Spirit* make an excellent *Paregorick*; *Acids* being on many Accounts the best *Correctors* of *Opium*.

These *Medicines*, upon due Consideration and careful Observation of their Effects, will be found of great Use in the *Distemper* we are treating on.

* Exanthem. p. 257.

The *Arabians*, with good Reason, used *Gum Trag. Lentils, &c.* to moderate the Ebullition of the Blood, as the Moderns have unreasonably rejected them on Account of their Restrictingency; which is the more extraordinary, because every Physician that has made any Observations on the *Small Pox*, must know that the principal Intentions in the Beginning are to moderate the Inflammation, sheath and soften the Acrimony of the morbidick Particles by Diluents and Incrassants, as well as by Restrictants strengthen the Blood against the spreading Contagion, and prevent a hurried and imperfect Eruption. A few Forms of this kind will be the more necessary, because these Indications seem to be overlook'd or not understood in the present Practice.

The following *Apozem* will answer most, or all of the Intentions before mentioned, if drank plentifully for com-

M

mon

mon Drink, and I can recommend it as an agreeable, as well as efficacious Remedy.

℞ *Ficuum ping.* ℥ij. *Sarsap.* ℥j. *Len-
tium* ℥ij. *Coque in Aq. f.* ℔ij. *ad ℔j.*
Colat. bibat ad libitum.

In violent Pains of the *Head* and *Back* from the morbid Particles pricking the tender Nerves and Membranes, we should consider that they are common Attendants on the Distempers, and are more painful than dangerous, and will be naturally relieved as soon as the morbidick Matter is separated from the Blood and expelled by the Glands of the Skin, and therefore should rather advise Patience than Bleeding, or we may give the *Alexipharmack Bolus*, before mention'd *, also the following Parmasitty Draught, which seems very proper in this Case.

℞ *Sperm. Ceti alb. vitell. Ovi recent.*

* P. 42.

of the SMALL POX. 83

*q. f. solut. ʒj. Ol. Amygd. d. recent. 3vj.
Syr. Balsam. ʒss. Aq. Cinam. tenuis ʒj.
m. f. Haust.*

Bathing the Feet in hot Water or Milk, or stimulating Plaisters will probably increase the Circulation downwards, and relieve the *Head*; else we may make a Revulsion by *Cupping*; and for the *Back*, I am apt to think, as I before mention'd †, that using a temperate Bath and Friction in the Beginning, might be of Advantage to the Patient; because the Skin, if dry, would be thereby suppld, and made more soft, like Childrens, to whom the Distemper is most favourable: Besides that, Perspiration would be encreased, and become more free on that Account; the Lensor obstructing the capillary Vessels attenuated, and perhaps the violent Pains in the Back, Loins, &c. relieved as we

† Obs. on the S. P. p. 120.

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find ourselves refreshed this Way, after the Fatigue of a hard Journey. Since I wrote this, I have been confirm'd in this Notion by the famous *Boerhave*, who advises to relax the Skin with Fomentations*.

But this being a Practice entirely new, I shall leave it as a Hint to be considered by my Brethren the Physicians.

Violent *Sickness*, *Nausea*, or *Vomiting* frequently occur in this Stage of the Disease; if these be not 'caus'd by any Foulness of the Stomach, instead of provoking them by Emeticks, we must restrain and stop them by proper Remedies.

R *Succi limon. recent.* 3vj. *Sal. Abs.* gr. xxv. *Aq. Menthae Cin. fort. ana* 3℔. *Laud. liq. gutt.* v. *ad* 3℔. *sacch. alb. q. s. m. s. Haust.*

* Clysmatibus fotibusque laxetur tota Cutis, &c.
Aph. de Variolis.

of the SMALL POX. 85

Gentle *Diaphoreticks*, *Julap. Cretac. Batean.* or a *Pearl Julep* will be useful as they are absorbents, promote Perspiration, and will determine the variolous Matter towards the Skin.

Deliria and *Convulsions* before Eruption have a frightful Aspect, but portend no Ill; yet happening afterwards they are dangerous or fatal Symptoms. Convulsions in Children are Signs of an approaching Eruption, and a favourable *Small Pox*.

Gascoign's Powder, *Pulv. ad Guttet. & Cinnab. Ant.* with a temperate Julep, are, I think, useful at this Time; also Drops of Spirit of *Hartshorn*, *Lavender*, &c.

A *Diarrhœa* or *Looseness* in the Confluent *Small Pox* of Children requires a careful Consideration, because it answers to the Salivation in Adults, nor is it less worthy of our Regard, because it has not been sufficiently attended to; Dr. *Sydenham* says, by stopping this salutary
Flux,

Flux, thousands of Children have been destroy'd. Dr. *Morton* asserts, that a Looseness is prejudicial to Children, and checks the Progress of the Disease.

Certain it is, there generally is too great a Quantity of the morbidick Matter in a bad Sort, to be carried off by the Glands of the Skin; and in such Case, the Evacuation by the Intestines is both a salutary and necessary Relief, as the Salivation is to grown Persons.

But if the Looseness is too violent, the Strength of the Child will be impair'd, and the Pocks will sink so that to moderate in this nice Circumstance, requires, and well deserves, the careful Observation of a judicious Physician: for the least Error in these Extremes may prove fatal to the helpless Patient.

The Management of this Symptom may seem an easy Affair to those that are unexperienc'd; but when they come to try, they will find it a Circumstance attended with great Difficulties; especially

ally if occasion'd by *Worms*, which is often the Case of Children.

I doubt not I shall be censured for omitting *Bleeding*, in some of the Instances before mention'd. But I can assure those Gentlemen, I would not persist in an Error, if the Success of a contrary Practice, or any Reasons they had offer'd, should make it appear that I am mistaken.

If therefore in the latter End of the first Stage there are Signs of a real Inflammation or Plethora, if notwithstanding a cool Regimen, and the Use of proper Remedies, and the Patient is oppress'd with Difficulty of Breathing, Giddiness, or Lethargick Symptoms, especially if about the fourth Day the Pocks seem to stick in the Skin; in these Cases I should advise *Bleeding*, not only to relieve the Symptoms, but to procure a compleat Eruption. But it often happens, when we judge this Evacuation necessary, 'tis no easy Matter (whatever
some

some may think) to determine the proper Quantity of Blood to be taken away: Because too little will increase the *Plethora*, and the Loss of too much will induce a Lensor, retard the Circulation, and may destroy the Patient. The only Way that I know of proceeding safely in this nice Circumstance of Affairs, is to take away a small Quantity at a Time, and by observing diligently the Pulse, &c. repeat it as there is Occasion, which I have known done to a large Quantity, by which Caution we answer our Intention without the Hazard of rashly robbing the Patient of those Spirits and Blood we can by no Means restore, however wanted to support the Strength and Vigour of the Constitution in the Progress of the Disease.

Though I have taken a great deal of Pains to set this important Affair in several Lights, I am sensible I shall be misunderstood by many, and therefore to explain this Dispute more fully, I must
beg

beg leave to say; That I have offered several Reasons and Observations from the best Authorities to prove that *Bleeding* in the Beginning, before the third or fourth Day, generally weakens the Cohesion of the Blood, renders it more susceptible of the Infection, robs the Pocks of the Humours necessary to support them, and therefore is attended with dangerous Consequences, and ought not to be practised but in Cases of *Necessity* *.

Those who condemn this Reasoning must deny the Truth of the forementioned Observations, and maintain, That *Bleeding* is agreeable to the Nature of the Disease, occasions no bad Consequences in its Progress, and therefore generally speaking, is a proper Remedy in the *Beginning*.

* Rationes in promptu sunt quæ vehementer suadent, ut, siquidem ullo modo vitari possit, ab hac Praxi Manus abstineamus. *Syd.* p. 145.

This I take to be a fair State of the Case, and, 'till the Gentlemen of a contrary Opinion, will produce better Authorities or Reasons, I leave it to the Judgment of every impartial Reader, to determine who most deserves Censure.



C H A P. XI.

TO recapitulate what has been said, particularly with Regard to the Method of Cure in this Disease, I will in this Chapter present the Reader with one general View of it.

The two first Days in order to temper, dilute, and sheath the Acrimony of the Blood, to preserve the Texture of it, and to fortify it in some Measure against the Impressions of the Disease, the Patient may use the following Apozem warm'd for his common Liquor.

Rx Aq.

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℞ *Aq. Hord.* (cum *Gum. Arab.* 3x. incoct.) 3xx. *Aq. Cinnam. tenuis* 3vj. *Theriac.* 3ij. *Syr. e Rub. Ideo* 3iij. *Spir. Vitrioli q. s. ad gratam Aciditatem. m. f. Apozema.*

By these Means we may frequently render *Bleeding* unnecessary, and therefore prevent the ill Consequences that have been observ'd to attend that Evacuation. But in some violent Seisures it cannot be omitted without endangering the Life of the Patient. As in a Youth about sixteen Years of Age, who was so dreadfully oppress'd upon the first Attack of the Disease, that he lay near two Days entirely senseless as under the Stroke of an Apoplexy. But by repeated *Bleeding*, *Vomiting*, *Blistering*, and even *Purging*, Nature was so unburthen'd, as to throw out at last a Confluent *Small Pox*, of which he recover'd without any unusual Symptoms; when very probably, if he had not been thus seasonably and boldly re-

liev'd, he might from the very Quantity of his Disease have burst into fatal *Hæmorrhages*, &c. in the very first Stage of it.

There has been already said as much as is requisite with Regard to *Vomiting*. Only I would prefer warm Water, or thin Gruel, to the Infusion of *Carduus* Leaves, either to be given alone, or to work off the *Indian Root*, or *Oxymel Scylliticum*, because if these Liquors are not wholly discharg'd from the Stomach, they will in no Degree heat or offend the Blood, as the *Carduus* Tea might be apt to do. After an Emetick, if it is indicated, the following Draught will be convenient.

℞ *Sal. Absinth.* ℥j. *Succ. Limon. rec.*
Syr. de Mecon. ana ʒv. *Aq. Cinam.*
Tenuis ʒj. m.

This Draught may be repeated, sweeten'd with Sugar instead of the *Diacodium*, whilst any Disorder in the Stomach, or high Ebullition of the Blood continues

continues, to the Patient's great Advantage. Those also that suspect the Styplicity of the *Spirit of Vitriol* may have Recourse to this cooling neutral Salt instead of it, in any Stage of the Disease.

During the *Eruption*, the Affair should generally be left to Nature; but if some Medicine may be thought proper, the following deserves our Regard; which is highly serviceable, as an Emollient, Diluter, and Promoter of all the Secretions, in the subsequent Stages of the Disease; and that in the most agreeable, gentle, and yet efficacious Manner.

℞ *Fic. Ping.* ℥ij. *Rad. Sarsæ* ℥j. *Lentium* ℥ij. *Coque in* ℔j. *℥. Aq. Font.* (vel *Hord. Ten.*) *ad* ℔j. — *Hauriantur* ℥iv. *tepid. frequenter.*

To heighten this Medicine, and to render it of more general Use during the *Maturation* of the Pustules,

℞ *Decoct. præscript.* ℥xiiij. *Aq. Theriac.* ℥i℥. *Tinct. Croci Aq. Ther. Extr.* ℥℥. *Syr. de Althæ.* ℥j. *Crystal. Mineral* ℥i℥.
m. F.

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m. F. Apozema cujus assumantur ℥iv. tepidè 5^{ta} vel 6^{ta} quaque hora.

This is properly a *cooling Cordial*, promotes the Salivation supports the Pustules, and yet mitigates the Heat of the Blood. For such is the *Dilemma* of the Disease, that it demands a Method which may answer this End of asswaging the Heat of the Blood, and of invigorating it so as to discharge its morbid Particles, at the same Time. This short Hint of the Nature of the Distemper, shews how far they err that fall into the Extreme of either the *hot* or *cold Regimen*. Because there are two different Indications to be answer'd; and in this consists the Difficulty of the Case, and the great Nicety in the exact Conduct of it.

If, notwithstanding the repeated Use of this *Apozem*, the *Fever* should increase, the indented Pustules should advance slowly, the Secretions in general be sluggish, and the Inquietude

great, the following *Bolus* may be very seasonably and advantageously given.

℞ *Pulv. Cantian. rub. juxta Pharmacop. Batean. gr. xvj. Pulv. Viper. Bezoar Min. ana ʒ ss. Sal. Succin. Vol. gr. iv. Laud. Lond. gr. ss Succ. Cherm. q. s. m. F. Bolus 6^{ta} vel 8^{ta} quaque hora sumendus, cum vel sine Laudano, prout res postulat.*

The judicious Reader will easily observe what various Ends I propose to answer by this easy, innocent, yet very powerful Medicine.

The *Pulvis Cantianus* includes every thing that is in *Gascoign's Powder* or *Lapis Contrayerva*, with this Advantage, that it is both more *Cooling*, and yet more *Cordial*. The Points of the *Acids* adhering to the *Alkaline Bodies*, when they are admitted into the *capillary Vessels*, give them such gentle Vellications, and at the same Time break through and attenuate the viscid Cohesions of the Humours that they produce the two

Requisites

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Requisites to promote every Secretion; that is, they increase the *Impulse*, and lessen the *Resistance*.

As to the second Ingredient, the Antients esteem'd *Vipers* among the highest *Alexipharmacks*, and therefore *Andromachus* directed them in his *The-riaca*, and several practical Writers since his Time so often celebrate them in all *Malignant* and *Epidemical Distempers*. But besides their very great Efficacy in Disorders of this Kind, by the same Qualities, they have been experienc'd to succeed beyond any thing in Diseases of the Skin. Therefore where the *Crisis* is by the cutaneous Glands, it will be unnecessary any farther to observe how it may be promoted by the Force and Activity of this generous Remedy.

Where there is no Objection to the Expence of it, and the Languor of the Pulse and Spirits, and the Backwardness of the Disease demand a Medicine of distinguish'd Virtue, the Powder of *Vipers* may

may be omitted, and eight or more Grains of their Volatile Salt substituted in the Room of the *Sal Succin.* Or, among the meaner Sort, Salt of Amber may be exchange'd for Camphire, and the Viper Powder be still retain'd with the *Bezoar Mineral*, even in a doubled Dose, if the Circumstances of the Case should make it necessary. And if some of Sir *Walter Raleigh's* Confection was given in a proper Mixture after it, I think it would be needless to raise the Cordial any higher.

℞ *Aq. Lact. Alex. Ceras. Nigr. ana*
℥iij. Cinnam. Ten. Theriac. ana ℥ij.
Confect. Raleigh. ℥ij Syr. Aurant. q. s.
M. Cap. cochl. quatuor vel quinque post
Bolum supra præscriptum, agitâtâ prius
Phialâ.

In slighter Cases, this Cordial Mixture would not only be unnecessary but improper, and therefore a common Pearl Julep might supply its Place, to be given after the Bolus as it was first directed.

The third Ingredient contain'd in it is *Bezoar Mineral*, which, as it is a Composition of *Mercury* and *Antimony*, cannot but at first View strike the Reader with an Opinion of its Efficacy. The Medicine this Disease pleads for, is what will promote the Secretions, upon which the whole Success depends, *Sensim & lentis passibus*, without heating, or over-agitating the Blood. For the cooler and quieter that is, the more happily Nature proceeds in these salutary Discharges.

And if we seriously reflect on the Power of the abovemention'd *Minerals* in all Impurities, sharp and malignant Serosities, and all other viscid Cohesions of the Juices; if we consider well their indisputed peculiar Properties in deterging the Glands of the Skin, as appears from their Effects (especially if assisted by some Preparation of *Vipers*) in the *Scurvy*, *Psoſa*, and even the *Leprosy* itself; and lastly, if we attend to their being, by the Addition of the *Spirit of Nitre* in
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the *Bezoar Mineral*, rendered capable of suppressing the Fever by its *refrigerating*, and of promoting every *Secretion* by its remarkably *deobstruent* Quality, we shall justly conclude it is particularly adapted to the Disease I am speaking of. If therefore we have it in earnest to set a Value upon a Medicine for its real Worth, we shall easily be induc'd to make Tryal of *This* in the Composition above recommended, instead of others too much in *Vogue*, being either heating and dangerous, or insipid and insignificant.

Lapis Bezoar Animalis in Febris Pestilentialibus Nobis nihil profuit, quod sanè de Bezoartico Minerali minimè pronuntiandum.*

As to the *Sal Succini*, it seems well suited to the abovementioned State of the Blood, where contrary Indications call

for a blended Method, and where in this Medicine they are agreeably answer'd by its *cooling Acidity* qualify'd and actuated by its *volatile Pungency*. How properly also it is combin'd with *Laudanum*, the last Part of the Composition, is very easily observ'd. And it is as obvious, that these Remedies do not offend with the vehement Heat of *Rad. Serpentar. Sal. Carn. Cervin. Theriac. Androm.* The two first of which may often justly be suspected, though the latter is sometimes not improperly mingled with the *Opiate* at Night.

But if the Fever should run high, with a hurried Pulse, inflammatory Redness of the Skin, the Pustules extremely small and thick, like an *Erysipelas*, or *Rash*; *Sal Succini* may be left out, and *Radix Tormentillæ* would better fill the Place of the *Pulvis Viperarum*. We are then to guard against too great a Disunion of the Parts of the Blood, when
the

the Inflammation often rises to such a Degree as to occasion fatal *Hæmorrhages*, and a Mortification in the whole Mass. Here still the *Countess's Powder*, *Bezoar Mineral*, and *Tormentil Root* promise us great Assistance, and I think a better Medicine cannot be given after them than the Apozem with *Crystal Mineral*, in which we may omit the *Tincture of Saffron*, if the least Inconvenience from its Heat should be apprehended. This Method, with some proper Preparations of *Vitriol*, will supply us with Remedies as effectual as any, to curb the inordinate Inflammation, to prevent the spreading Dissolution, and at the same Time to separate the morbid Particles of the Blood.

These are most certainly the important Intentions we should endeavour to answer, how little soever they are at present attended to by some of our Profession who are contented implicitly to pursue the common Method, tho' I believe

lieve by their Success they have no great Reason to be over tenacious of it. For as the learned *Boerhave* observes *, *Vulgatâ Methodo nullus nisi Spontè emergit.* Therefore let us weigh well the various Indications above mention'd, and adapt our Practice as adequately as we can to them. These point to us a *subacid*, *subastringent*, and yet a *deobstruent* *Regimen*. How properly therefore the *Tormentil* Root is given with the Medicines last mention'd, and the *Apozem* with *Sal Prunell. &c.* will easily appear, when we consider its *Restrictant*, and what are equally observable in it, its *Alexipharmack* Properties. Upon this View I have made Choice of the other Medicines, which recommend themselves by their various Virtues suited to the above mentioned Indications. Thus the *Bezoar Mineral* is

* *Boerhave* Aphor. de Variolis.

cooling and attenuating. In the *Pulvis Cantianus* the *Cordials* are temper'd with *Acids* and *Restringents*. Here we find burnt *Hartshorn*, and *Terra Lemnia*, which are given us also in Sir *Walter Raleigh's* Confection. This excellent Medicine is yet of further Use to us as it contains *Rad. Tormentil. Bistort. Coral. r. Bol. Armen. Vipers, & Ambergrise*; which last greatly contributes to the extensive Virtues of this, and the above mentioned Composition. I had not been thus particular (though I think we cannot be too much so in Affairs of such Consequence) if I did not apprehend that the Reader might not sufficiently attend to these different Ingredients, and therefore not be thoroughly apprized of the full Force of the Medicines proposed to him. And if he pleases to be influenced by the Authority of the Ancients into a more favourable Opinion of the *Odorata*, as they are grateful, efficacious, yet not heating Cordials, and
after

after their Example join them with Medicines suited to different Indications, which is very observable in several of their great Compositions, he would be at last convinc'd that in this consists their Alexipharmack Property, and this appropriates them to the Disease I am speaking of.

As to the Salivation it will, by the above mentioned Method, be considerably promoted, especially by the Addition of the following Gargles and Lambitive.

℞ Rad. Alth. ℥℥. Glycyrrh. ℥ij.
Fic. N^o. v. Hord. Perlat. pug. ij. Co-
que in Aq. font. q. s. ad ℥xiv. Colat.
add. Mel. Rosar. Diamor. ana. ℥j. m. f.
Garg. quo colluat Os & Fauces fre-
quenter.

This is an Emollient; but in great Viscosities of the Phlegm, the following will be more effectual.

℞ Decoct. Pect. ℥xiv. Oxymel. scillit.
℥ij. M. f. Garg. siphone sæpius injiciend.

℞ Ol. Amygd. d. ℥j. ℥. Syr. de Alth.
Balsam.

of the SMALL POX. 105

Balsam. ana. ʒj. Oxymel scillit. Aq. Cinnamon. fortis ana. ʒij. M. Cap. Coch. ad libitum urgenti difficili Expectoratione vel Dyspnœâ.

In this last *Symptom*, which generally brings with it a fatal *Prognostick*, we must *blister* freely, add *Sperma Cete* to the Bolus, particularly when we give an *Opiate*, which should be *Elix. Asthmatic.** (as containing *Honey, fl. Benzoin. Camph. Ol. Anis. &c.*) a ʒj. R. ad ʒiij. in a Draught after the Bolus.

As to *Bleeding* in this Extremity of *laborious Breathing*, if the Pulse is full, and the Constitution naturally firm, we have good Reason and Authority to make Tryal of it. But if the Pulse is low or oppress'd, we must accurately distinguish whether it is from a *Plethora*, as in the Case mention'd in the Beginning of this Chapter, or from a

* Quincy's Pharmacop.

real *Languor* of Nature. In the latter Circumstance the putrid *Halitus* that were before reaking from the Blood, are upon this Evacuation thrown back upon it, with a Train of dreadful Consequences, and an Encrease of the very Disorder we were vainly endeavouring by this unfortunate *Experiment* to relieve.

Now I can relate an Instance of a Patient who by a different Method struggled many Days under the Pressure of this very dangerous *Symptom*. And because I conceive the History to be very extraordinary, I will give the Reader as good an Idea of it as I can convey to him in a few Words, when the whole Circumstances of the Case are so remarkable, that they deserve to be describ'd in the most particular Manner.

The Disease was of the Flux kind, and the *Salivation*, which was hitherto very sparing, was intirely suppress'd
on

on the *seventh* Day: As was the Urine the *eighth*, not one Drop being discharg'd for the Space of near *thirty Hours*. From thence to the *fourteenth* it was thin and watry, though in a very small Quantity. The *fifteenth* it came from him *involuntarily*. The *Pustules* were *indented*, with a *pale Circumference*, and intirely empty to the *eleventh* Day. The few Interstices in his Hands were *livid*, as if Ink had been half wip'd off from them. Neither They nor his Feet ever *swell'd*; and his Face so little, that he was not *blind* through the whole Course of his Disease, which I may assert to be a very rare Occurrence where the Event is successful. He had from the *seventh* Day a very *obscure*, *hurried*, *intermitting*, and sometimes no *discernible Pulse*. A *Fever* perpetually hung on him from the Beginning, and at length was so heightened with a *Delirium*, *Coma*, *Convulsions*, and the a-

bove-mention'd *Difficulty of Breathing*, that for *eight* whole *Days* he never seem'd, in the Judgment of any one, to be in a Condition of surviving so many *Hours*.

As his Case was thus uncommon, no less so was his Method of Cure; for in the above-mention'd *eight* Days he had partly by *Art*, and partly from *Nature* near *thirty* Stools. And till, after a repeated Evacuation of this Kind, not any could possibly be procur'd by *Blisters*. It being the *thirteenth* Day before they had any Effect; and that not until he had *seventeen* Stools, and *eight* fresh Epispasticks apply'd to the blister'd Parts at one Time. A very profuse Discharge being at length produc'd from the united Force of these *Blisters*, and from the Glands of the *Intestines*, brought this struggling Patient, supported in the mean Time by the most generous *Cordials* (in which *Camphire* was usually an
Ingre-

Ingredient) 'through the various and long-continued Difficulties above-mention'd with a Success perhaps not to be parallel'd by any History in Physick. The Person is yet living, though he cannot recollect who attended him, nor was he sensible of what he suffer'd throughout his Disease 'till the *seventeenth* Day of it.

This Account, which is literally true, and perfectly well known to great Numbers of considerable People, is a wonderful Instance of the Power of Medicine, of the Advantage of an assiduous Attendance, and that a Patient may escape under the most oppressive Difficulty of *Breathing* in these low Cases, if not weakened by the very hazardous Experiment of *Bleeding*.

CONCLU-

CONCLUSION.

CENSURE, says a celebrated Wit *, is a Tax a Man pays to the Publick for being eminent.

That was excellently observ'd, say I, when I read a Passage in an Author where his Opinion agrees with mine. When we differ, there I pronounce him to be *mistaken*.

These Maxims extend to inferior Writers as well as those of the first Class, else I should not have mention'd them. For there are Multitudes of little Criticks, who if they were not prompted by Envy, would, to gratify their Pride or ill Nature, pick silly Faults and censure what they think amiss. We should therefore have a nobler View than popular Applause, the Satisfaction of doing Good without expecting Acknowledgments, and be content to please the

* Swift's Miscellan. Vol. 3. ad finem.

of the SMALL POX. III

few that can read without Prejudice; those who know it shews greater Genius and Judgment to approve what is right, than to condemn the Errors and Imperfections of human Understanding.

— *Non ego paucis*

Offendar Maculis, &c. Hor.

I am sensible the Generality of the Profession who are too cautious to expose their Thoughts to the Censures of the World, must of course question my Prudence; and many, I know, will condemn me because my Notions disagree with theirs, who should consider that they differ as much from me, and therefore unjustly deny me a Right they themselves claim; nor do I think it any Crime to deviate from the establish'd Practice in this Disease, because every Physician knows it is at best imperfect, and all Men, I think, allow of *Free-thinking* in Physick. I mention these Objections to shew, that as most People differ in their
Opi-

Opinions, so that there is no Judgment to be made of a Performance of this Kind, whether 'tis good or bad, from the Character given by particular Setts of Men

These Observations, perhaps hereafter may be improv'd, and made more correct; my Mind at present has been wholly employ'd on the great Affair of *Life* and *Death* regardless of Trifles. Yet the attentive Reader may possibly from hence take some Hints which may prove serviceable to Mankind.

I shall only mention of what Consequence it may be to inform the *Apothecaries* of the Usefulness of the single Chapter on *Bleeding*. They are generally call'd first, and, I fear, don't scruple to *Bleed* of Course, when there is a seeming Plenitude in a *Fever*, or the *Small Pox*; but if they have considered my Observations on that Subject, I presume they will not venture to perform that Operation on Account of the dangerous

gerous Consequences that may ensue without the Direction or Approbation of a Physician. And those amongst them who have used this Evacuation contrary to their own Opinion and Experience, in Compliance with Custom, or for fear of Censure, will find sufficient Arguments there to justify and recommend their Caution, as well as secure their Reputations against all Events.

For if, through Mistake or Rashness, we order *Bleeding* unnecessarily, we may weaken the Blood and Spirits, make them more liable to receive, and less able to resist the spreading Infection, consequently prevent a compleat Eruption, and occasion a bad sort instead of lessening the Disease. On the contrary, supposing it might have been safe to open a *Vein*; if by reflecting on the Danger and being cautious, we should defer it till the Indications are more evident in the Progress of the Disease; in-

stead of being then too late, we should avoid hazarding our Patients Lives, and perhaps relieve the Symptoms more effectually.

For I believe, I may venture to assert, that *Bleeding* if necessary (or rather *Cupping*) is generally found most serviceable towards the Crisis or approaching Eruption.

I am further confirm'd in this Opinion by the learned *Baglivi*, who says, If about the fourth Day there is great Inquietude, convulsive Motions, &c. I presently order the Patient to be *cupp'd* on the Back, by which Revulsion I have often taken off the bad Symptoms, and the *Small Pox* came out favourable*.

Since therefore I flatter myself that my Endeavours have not been altogether unsuccessful in setting this great Affair in a true Light, as some ingenious Phy-

* Bagl. de Praxi Med. p. 64.

ficians have done me the Honour to declare in publick as well as private Company; I am not without Hopes of giving some Check to this modern Practice of taking away *Bloud* without sufficient Regard to the ill Consequences which often attend it in the Disease we are speaking of.

But perhaps it may be objected, That Dr. *Mead* in his Epistle to Dr. *Freind**, (the only Piece he has been pleas'd to publish on this Subject) advises to *bleed immediately*, not only in the latter End, but at *any Time* of this *Distemper*; if there should be much *Difficulty* of *Breathing*, a *Phrenzy*, or *any other Symptoms* of too high a Fever.

But as this celebrated Physician has

* Id vero Monuisse debueram, non hoc tantum tempore, sed & nullo non morbi Die, Ægro protinus *Mittendum* esse *Sanguinem*, si *Respirandi difficultas* urgeat, si supervenerit *Phrenitis*, aut alia quævis nimii Fervoris Febrilis se prodant Indicia.

Freind Comment. p. 123.

advanc'd this *new Doctrine* in general Terms, without Exception, or distinguishing between an *oppressed*, or *weak Pulse*, and whether the *Difficulty of Breathing*, *Phrenzy*, or *Fever* proceed from a *Plethora* or *Languor*, in which latter Circumstance I believe all Physicians will agree *Bleeding* is the most dangerous Expedient that could be thought on, especially when the Body is full of *Pustules*, because the *Pocks* must necessarily sink, and be depress'd by this ill-tim'd Evacuation: I say, since these Distinctions are of the greatest Moment in the present Case, I hope I shall be forgiven the Liberty I have taken in mentioning these Cautions; lest young and unexperienc'd Physicians encourag'd by the Authority of so great a Name should unwarily destroy, whilst they think to relieve their Patients by rashly applying this extraordinary Practice.

Nor will it be any Disgrace to the
Gentlemen

Gentlemen who have differ'd from me on this Head, to alter their Opinions; since our famous Dr. *Sydenham*, who was fond of *Bleeding*, as agreeable to his favourite *Hypothesis* of a cold Regimen, was so Ingenuous as to own that he had been long mistaken, and so Honest as to publish to the World the dangerous Consequences he found by *Experience* from such a Proceeding.

My Friends have blamed me that in my late Book I mention'd every Author from whom I took any useful Hint, which they say was both unnecessary and impolitick: However, I can't be perswaded to be so disingenuous as to conceal the Assistance I receiv'd, in the last Chapter of this Treatise, from an excellent Physician, and very good Friend, who insists on being nameless, and will not allow me to do Justice to his Merit.

F I N I S.

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— *Regis ad Exemplum.*